

Home Course In Health Culture

V.—Bathing For Health

By EUGENE L. FINE, M. D.
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Association.

ANY one who has watched a group of children playing during a cold day will tell him that they are thoroughly at home in the water, but a scientist may suggest that this is because it is an instinct transmitted from remote ancestors in the silicon age and in support of which we will find that human beings in the early stages of their development exhibit certain kinkish characteristics, which warrant



A DAILY BATH FOR THE YOUNG BABY IS OF THE Utmost Importance.

The belief that away back in dim antiquity our ancestors were quite as well-advised as we are in the matter of bathing is to land.

The practical application of the above reflected in that bathing has a wide range of usefulness aside from its cleansing effect. Every self respecting American mother is to be clued in and has her bath for that purpose more or less frequently, but the mistake should not be made of looking upon the bath as a cure-all for all sorts of ills. Possibly for the reasons suggested above the mere contact with water stimulates and refreshes the body, but entirely apart from the influence of temperature and the removal of dirt.

Warm water and pure soap are considered the best ingredients for a bath, but a cold bath followed by vigorous rubbing, will accomplish all that is really necessary for cleanliness.

Danger of Water.

The danger of sudden death removed by the Turkish bath is mostly epithelial scales from the various layers of skin. To remove these excess amounts of skin tissue may impair its protective qualities; hence the advisability of not taking the Turkish or Indian bath more than once a week. However, the warm bath gives a greater feeling of comfort in one's cleanliness than the cool bath and is considerably better, but the exception too often and to the exclusion of the more valuable and tonic cold bath.

It is a good plan to "wash" the body with a sponge or cloth after the warm bath, but not water after finishing the warm, cleansing bath. This precaution should always be taken by those who remain on the warm bath, usually in the tub, the bath every day; otherwise undue susceptibility to cold may develop. As a rule, a warm bath should be taken in the evening.

Most people who have employed the cold shower or plunge will testify to its value in removing the heat of the body, but there is no reason why it should be forced upon delicate children or feeble adults.

Baths for Babies.

A daily bath for the young baby is of the utmost importance. At first the temperature of the water should be 90 degrees F., but by the end of the first month it may be reduced to 70 degrees F.

When the child reaches eighteen months the cold bath should be given as a bath to the warm bath.

Delicate children who have not been thus trained may be gradually exposed to the cold bath, but his parents' caution is used.

For such children the temperature of the water should be warm at first and then gradually reduced until it is obtained that a vigorous and healthy reaction will not follow a further reduction.

It is well enough, not to say cruel, to chastise nurses or parents to force an ailing child with a poor circulation to take a cold bath from which it is physically incapable of reacting.

Very often the cold shower or sponge bath is well suited if one stands in a tub of cold water.

The value of the Cold Bath.

The cold bath is a most valuable nerve and circulatory stimulant. When

soak only in the skin, but in the remotest recesses of the vital organs.

The cold bath takes the nerve centers that control the production of sweat, and so causes the contraction of the blood vessels in such a way that the system is fortified against exposure and drafts. An earnest effort therefore to this valuable tonic and protective measure.

Having physical disability, no one can afford excuse for neglecting the daily bath. A tub tub, a jug of water, a sponge and a coarse towel suffice to bathe both quite as refreshing as could be had in the luxurious halls of Carcosa.

Dangers of the Cold Bath.

Personally I question the advisability of the cold bath, but a scientist may suggest that this is because it is an instinct transmitted from remote ancestors in the silicon age and in support of which we will find that human beings in the early stages of their development exhibit certain kinkish characteristics, which warrant

the moderately cold plunge or shower as a means of health, and it is the part of wisdom to be moderate in this as in all things.

The idea of the cold bath is to be avoided by those suffering from rheumatism or rheumatism, but such subjects may still enjoy a daily tepid bath, especially if it is followed by a vigorous rubdown with a coarse course towel. These subjects may harder themselves against colds by firmly grasping the neck and chest with cold hands.

The best time for the cold bath is before breakfast. Following the bath, vigorous exercise with a coarse towel and a few exercises adapted to the strength and endurance of the individual would be advised.

A very wise measure in cases of nervous exhaustion and occasionally in case of insomnia is the drip bath, which is as follows:

The patient, stripped to the waist, stands in a tub of warm water. A sheet draped over the head, water is poured around him from head to foot. Brisk friction of body and limbs is applied to the head, neck, shoulders and back. One should rub the front of the body. Except on the advice of a physician such a bath should last but a few moments, and then the bather should be put to bed.

Bathing in Fevers.

When typhoid fever, pneumonia or other serious illness calls the question of cold bathing must be left to the attending physician. In a mild febrile condition much benefit may be derived by cooling with tepid water. Even sponging with tepid water will reduce the temperature and alay the distressing symptoms.

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PITT HOUSE FOR SALE.

Home of the Great Commander Just as He Left It.

A historic mansion on the outskirts of London, England, comes under the auctioneer's hammer. It is Pitt House, or Wildwood, as it was originally known, and is now a part in one of the most epoch-making events in the world's history.

Lord Heath, in the property of Lord North, that William Pitt, "the great man," died in, was sold within a few days of his death, to the Premiership and to the nation.

The new Chinese consul, Wang See Yuen, who recently arrived in Ottawa as imperial consul, general for Canada, has been selected to represent China in Japan, and was before that Magistrate at Kiasus and Shanghai.

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IS NOW ESTABLISHED

NEW CHINESE CONSUL IS AN
EXPERIENCED OFFICIAL.

A HISTORIC MANOR.

Antient Seignory Home New the Pre-
party of E. A. Robert.

The old Seignory houses, tactics
of bygone epochs, Canadian homes,
are now the popular homes of many
prominent in the social or commercial
life of the Dominion.

The old Seignory house of Beauharnois,
Que., is the country residence of Mr.
John G. Ross, president of the
Canadian Power Co. and newly elected
president of the Montreal Street Rail-
way Co. Mr. Ross is well known in
the commercial world as the head of
the Robert Syndicate that won out
in the contest for the Canadian Pacific
Railway.

Although Mr. Robert is the type of
man who is indefatigable in his
attention to business interests, yet no
one can doubt that he is also a lover
of the lights of country life. The rural acres
of his manorial abode are his hobby,
and a large portion of his time is
spent in the pursuit of the poultry-fancier
and the foresterist as he does for
the pleasure of his entire enterprise.

Mr. Robert has shown his nest
for competition in matters other
than business, and it has recently been
stated that the celebrated melons of
Montreal are to be grown on his
land. Every summer for the last few
years the Manor House garden has
produced a melon of 30 pounds, and
which, weighs from sixteen to twenty
pounds, and which have all the flavor
and quality of the famous Melons de
Vaucluse.

The Seignory of Beauharnois boast-
ed the largest vineyard in Canada,
containing five acres that are not
yet redeemed and that still pays its
annual rent. The vineyard is in
annual tenure. The Seignory was
created by the French King, Louis XV.,
in 1712, and was granted to Jean
Marquis de Beauharnois.

The present Manor House was built
in 1750, and figures in the history
of the war of 1838. Edward
Elliot, the English General, was
taken prisoner here during the
battle of the Plains of Abraham.

It is fitting that the Seignory should
have fallen into the hands of Mr. Robert,
as he has the town's interest
at heart, and has done much for its
advancement, beautifying its traditional
territory, but by promoting its industrial
development.

Church and State.

There is no church in Peterborough,
the colonial residence, in the person of
James Stevenson, ex-M.P. He had
a son, Mr. Stevenson, who is a
Conservative in politics and a per-
sonal friend of the late Sir John
A. Macdonald, the first Prime Minister
of Canada. Peterborough has a
large Conservative vote.

Once a member of the Legislature
of Ontario, Mr. Stevenson was
elected to the Canadian Parliament
from Peterborough in 1872, and
was re-elected in 1874.

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House of Commons for
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THE POLO COAT.

It's the Smart Outing
Wrap of the Season.

The polo coat is a garment
that is becoming more and more
fashionable every day.

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WANG SEE YUEN, WHO REPRESENTS THE CELESTIAL KINGDOM AT OTTAWA, WAS EXPERIENCED OFFICIAL.

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Celestial Kingdom at

The ALBERTA LIVERY Feed and Sale Stables

Heavy Draying. All Rigs Guaranteed To Be
A 1. Careful Drivers. Travelling
Men a Specialty

F. W. DOUBT
Blairmore

Proprietor
Alberta

PHONE NUMBER 128



Blairmore Lodge, No. 68, meets in the
Mercantile Hall, every Tuesday at 7.30
p.m. Visiting brethren welcome.
J. F. HUNTER J. D. S. BARRETT
Nobis Grand Secretary

FOR
Mining Timbers
Railway Ties
Fence Posts

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G. W. BEARD
BLAIRMORE, ALBERTA

Undertaking —
T. W. Davies
UNDERTAKER
and
EMBALMER

Hearse supplied and set up
COLEMAN. — ALBERTA
Hearse for hire. Phone 125, day or night

Fall
Millinery

Mrs. Rogers has just arrived from the States with all the latest fashions in Millinery, and will be pleased to meet all her friends and customers at her Fall Millinery Opening, Saturday, September 17th, and following days. Also, a full line of Riley's Tea Caddies, Caskets, Caskets, Fancy Goods, etc.

We will allow train fare from Frank or Blairmore to any customer purchasing the amount of \$10.00.

COLEMAN MILLINERY

MRS. CLIFFORD

- Millinery Parlor -
A Choice Selection of HATS on hand or made to order. Half Minnie Walk from depot, south of Dearborn Street.

BLAIRMORE. — ALBERTA

D. A. TAYLOR, M.D.C.M.

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High Class Work Guaranteed

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PRICES AWAY DOWN

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MAIN STREET

BLAIRMORE. — ALBERTA

It is rumored that the Union

Hotel at Hillcrest has been

leased by the Lethbridge Brewing

& Malting Co.

THE BELLEVUE TIMES BARTLETT & BARRETT

Proprietors and Publishers
Published every Friday from their
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Subscription to all parts of the British Empire \$2.00 per annum,
Foreign \$2.50 per annum
Postage extra
Business local 15 cents per line
Legal notices 15 cents per line
for first insertion, 10 cents per
line for each subsequent
insertion.
Display Advertising Rates on Application.

J. D. S. BARRETT, Editor.
W. J. BARTLETT, Manager.

Blairmore, Alta., Friday, Jan. 6, '10

McKenzie & Jackson

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Stenters Block

MALCOLM MCKENZIE, LESLIE A. JACKSON

PHONE 41

Macleod Alberta

Farewell, Old Year!

The old year has been handed over to history, and we are left with the new, to pursue our regular course of duty, and hope that Providence will will us fortune during 1911.

The many pleasant incidents that marked our way during the past year, and the many sad incidents that marred our progress, will soon have been forgotten, and our minds shall once more set themselves to the regular daily routines.

Seasons such as the junctures between the old and new years are among the most pleasant provisions of the present age. We are given opportunity to review the past in all its sublimity, and to prize that day which has been commemmorated since that memorable event of the advent of Christendom.

We have had opportunity to meet and exchange greetings with friends at home and abroad, and many pleasant events have been added to our records.

That the New Year may be the most happy and prosperous ever known to our readers and friends is our sincerest wish.

A Happy New Year.

A Happy New Year to you, child of today. May you know more of sunshine than of cloud, and more of joy than of sorrow.

A Happy New Year to you, bright youth and rosy-cheeked maiden of our town and country. Success to you in the endeavor whereby the firm, enduring basis of true manhood and of noble womanhood are laid; with what success comes two-fold happiness to others and happiness to yourselves.

To you, whose lives are halved with the grace of maternity, not one but many years of happiness.

Live long, wives and mothers of this land, to see the lives you have cherished expand into beauty and usefulness. Live long to know and feel the sweet rewards of gratitude, of veneration, of love.

A Happy New Year to you, grandmothers and grandfathers everywhere. Look out upon all around you and see how passing fair the evening is, and all that is to be had invites contentment and repose.

Yes, to all—the young, the old, the high, the low—A Happy New Year, a happiness arising from and tempered with wisdom, faith, hope and charity.

Editorial Notes

What C. M. O'Brien might have done and what he did do while at Edmonton are entirely different.

Fall in line and help during 1911 to make this town what it really should be—the most prosperous and best town in Alberta.

The overwhelming victory of Marcellin Robert, Liberal, in the recent St. Johns election,

is an unequivocal answer to the Nationalists.

We have received at our office a copy of volume I, No. 1, of the Redcliff Review, launched on November 19th from Redcliff, Alberta. The paper is nicely gotten up and ably edited by A. G. McLean, and will add to its literary devotions toward the rising and developing interests of Redcliff. Our wish for success.

Tributes paid to the late hero of the Bellevue mine disaster:

"Fred Alderson performed a nobler act of heroism than ever man displayed upon the battlefield. He gave his life to save others rather than to destroy."

REV. J. W. LITCH, B. A.

"Never was there a case more deserving of monumental record than that of Fred Alderson, the hero of the Bellevue mine disaster, and the federal government should be urged upon to provide a suitable tribute to be emblazoned with the record of Alderson's heroic effort to save his fellow man."—An Exchange.

The Press

I want the editors to turn to my show as the flours of May, but I don't want um to ride a few hours to death. There is times when Patience seizes to be virtuous. I hay in my mind's eye some editors in a sunburn town which shall be nameless, who air both sneakin' and ornery. They keep on trying to show off and next me ten miles for a living, for papa. I object to payin', but they send of I'd down with the dust they'd wipe my show from the face of the earth! The sed the Press was the Arkymen Leaver which moved the world. I put up with their extortions until they'd bleed me dry, then mere shadow, and left in a digest.

It was in a sunburn town in Alberta that I was shainfully alcoozed by a editor in human form. He set me up show up steep and called me the urbane and gentlemanly manager, but when I, for the purpose of shuin' fair in all around, went to another town to get a job, he sent me to the editor that he puulishers editor and did change his ton and abscon me to a injun. He sed my waxworks was a humbug, mailed me a horay-headed iterous vagabone. I thor at fast fule polish him off ar lar the Neusky Boy, but on reflectin' that he cood polish me much wuss in his paper, I giv it up. I wood here take occasio to advice people when they run agin' as they sum with their miserabile newspaper, to not pay no sort or attention to um. Abut all, don't assuale a editor of this kind. Itonly gives him a notoriety, which is just what he want, and don't you no more good than it would to jump into eny other mud puddle.

—With all the fin men, but the muth be black sheep in evry flock—Charlie Brown.

Champlain's Cough Remedy never disappoints those who use it of obstricte colds, coughs and irritations of the throat and lungs. It stands unrivaled as a remedy for all throat and lung diseases. Sold by dealers everywhere.

A Happy New Year to you, grandmothers and grandfathers everywhere. Look out upon all around you and see how

passing fair the evening is, and all that is to be had invites contentment and repose.

Yes, to all—the young, the old, the high, the low—A Happy New Year, a happiness arising from and tempered with wisdom, faith, hope and charity.

Yours truly,

McFARLANE

The Pool Room of The Pass

— A L S O —

English Billiard Table

— — —

The Best Bowling Alley

in The Pass

The Finest Brands of Tobaccos

and Cigars Kept in Stock

— — —

Frank Alberta

The "2" Big Stores

USEFUL THINGS

for every household, office or place of business are contained in our fine assortment of First Quality Hardware. The want of a hammer, saw, file or wrench has delayed many a much needed improvement. The possession of a complete set of tools acts as an incentive to make beneficial alterations about the house. We sell everything in the hardware line, and our prices are very moderate.

Watch our "ad" and window each week. It will pay you.

The Crows Nest Pass Hardware Co. Limited

Blairmore

Frank

THE INTERNATIONAL COAL AND COKE CO., LTD.

Operates the Denison Collieries

AT COLEMAN, ALBERTA.

Mines High Grade Steam
and Coking Coal.

Manufacturers of the Best
Coke on the Market.

MAKE MONEY EASY

If you would do so, invest in Town Lots in the most substantially founded and best business community in the Crows Nest Pass.

THAT PLACE IS COLEMAN.

Write to or apply at the head office of

THE

INTERNATIONAL COAL & COKE CO., LTD.

At Coleman, Alberta.

BLAIRMORE FLOUR & FEED STORE

W. Wolstenholme, Prop.

Ninth Avenue

HEADQUARTERS FOR —

Hay, Oats, Wheat Bran &c
Agent for "PURITY" FLOUR

The Best Flour on the Market

PHONE 140.

P.O. BOX 82

Blairmore. — Alberta

WATSON'S

Frank — Alberta

DRUGS HOSPITAL SUNDRIES

Christmas Goods

We have just received a large consignment of Christmas goods suitable for presents, and send to your friends in the Old Country. A large supply of picture post cards also just in.

Inviting you to come in and inspect our goods.

There's a Reason
Remember WATSON'S Store

WINTER

Has now set in for good, and the need of a

LARGE HEATER

is felt in earnest.

If interested, call in and see what we have.

We can suit you both in Style and Price.

The Blairmore Hardware Co.

L. DUTIL, Prop.

CANADIAN PACIFIC

**Western
Excursions
Single Fare**

Plus \$2.00, FOR THE ROUND TRIP

From all stations in Ontario,
Parks Arthur and West, Manitoba,
Saskatchewan & Alberta

— to —

**Vancouver
Victoria and
New Westminster**

Tickets on sale December 15, 16 and 17, 1910; January 20, 21, 22 and 23, and February 14, 15, and 16, 1911; good to return within three months from date of issue.

Apply to nearest Canadian Pacific Railway Agent for full information.

Dissolution of Partnership

This is to certify that the business hereinafter subletting between John Carroll and J. R. Milligan, of the firm name of Carroll & Milligan, has this day been dissolved by mutual consent. All claims against the said partnership are to be presented at once.

J. R. MILLIGAN AND JOHN CARROLL.

Blairmore, Alberta.

December 17, 1910.

Here and There

Arch Hoxey flew on Thursday last at Los Angeles to a height of 14,205 feet in a Wright biplane. This constitutes a record.

A large moose came into Jasper Street, Edmonton, about ten days ago to spend Christmas, but other folks enjoyed Christmas better than did that moose.

The longest chimney in the world was recently put into service at a large smelting works in the States. The chimney, which is of brick, is 505 feet in height, and 50 feet in diameter at the top.

The paragraphs are still keeping in circulation the paragraph about the judge who ruled that a man need not support his mother-in-law. What is it, impudent, tight-waddled or just pure cussedness?

Mrs. A. E. Stetson, a leading Christian scientist, of New York has said that Mrs. Mary E. G. Eddy will yet "demonstrate" over death. She believes that Mrs. Eddy occupies in the world today precisely the same position that our Saviour occupied in His day.

Fred Kirkpatrick arrived in town Tuesday from Leedbridge, where he has been residing for some months past. "Fred" is well known among the types of Albertans and B. C. and we were pleased to see him fastening on the pick.

An envelope that had been sent from Blairmore on Dec. 16th, and contained a money order payable at Philadelphia, was recovered from the ruins of the big stock yards fire at Chicago recently and now is under investigation. The envelope which was scorched all around the edges, was returned here to the sender, Mrs. J. R. Smith, and now occupies a place among our curios.

E. W. Welch

THE HOME BAKERY
Pure, Palatable and Wholesome
Bread, Cakes, Pie, Etc.

FRANK Alberta

**The
Crow's Nest Flour & Feed
Co., Ltd.**

Wholesale and Retail.

Agents for The Macleod Milling Co's Celebrated Pantry Queen Flour.

Butter and Eggs a Specialty.

Blairmore, Alberta

**Blairmore
Shoeing
Forge**

R. SMALLWOOD, Proprietor
Formerly owned by H. Gebb

First-Class Work guaranteed.

Prompt attention given to all work.

Experience in all branches of the trade.

Never Slip Shoes in stock.

Blairmore Alberta

The Blairmore Livery Stable

Bruneau & Houston,

Barn Phone, No. 73.

House Phone, No. 16.

Blairmore, Alberta

A Purchase

That**Will Pay!**

PASSBURG is going to be The Metropolis of the Foothills, and Land is Increasing in Value faster than in any other part of Sun-
ny Alberta.

The Prettiest and the Most Conveniently Located Residential Lots on the Townsite are now on the market and for sale by the undersigned.

Low Prices and Easy Terms to those re-
quiring Building Lots.

Plans, etc., may be seen on application to

JAMES REDFERN

REDFERN'S LAKE

Passburg, Alberta

The

Crow's Nest Flour & Feed
Co., Ltd.

Wholesale and Retail.

Agents for The Macleod Milling Co's Celebrated Pantry Queen Flour.

Butter and Eggs a Specialty.

Alberta

Hello, Central!

Give me "147," Please?

"Hello! Is this Kali Bros.?"

"Yes, Madam."

"Have you Chicago-made skirts in the latest style?"

"Yes."

"Will you send me one this afternoon?"

"Yes, we will. But you had better call in and see them."

We have a big stock of Ladies' and Gents' Wear

Kalil Bros.

VICTORIA STREET EAST

Blairmore, Alberta

T. C. JONES

The "Palm" Bakery.

FINEST BREADS,
CAKES, PIES, Etc., Etc.

CHRISTMAS CAKES

A SPECIALTY

BRIDE CAKES MADE TO ORDER

Leave your orders with

MRS. A. BRYDEN, at

The Great West Restau-

rant, Blairmore, Alta.

Coleman, Alta.

VICTOR LEMIEUX

BARBER

Union Prices

BLAIRMORE Alberta

Provides the Best Accommodation

Thoroughly First-Class

in all respects

FRANK

Alberta office.

Robert Gordon Munro

B. A.

BARRISTER, SOLICITOR

Blairmore Alberta

Provides the Best Accommodation

Thoroughly First-Class

in all respects

FRANK

Alberta office.

1911 Calendars

We have received a large number of beautiful calenders at our office, amongst them being a handsome specimen presented by B. D. MacLougall, jeweller. It contains a beautiful frontispiece, "The Girl in Blue," a reproduction of the original hand painting by Wm. Thorne, A. N. A. There is also a descriptive title-leaf attached, in which Thorne is accredited for his preminence in the art of hand painting.

Another 1911 calendar has been handed us by Mr. H. F. Weber, the popular proprietor of Weber's Stores, Michel and Blairmore, and contains a handsome reproduction of the famous "Golden Rod" amid the daisies.

Gilroy and Rose, proprietors of the Unique Barber Shop, have also conceived the wisdom of advertising through the calendar medium. Their 1911 calendar is a beauty, branching off from the calendar to a picture of "Progress" in which is shown the pioneer hut surrounded by stumps, which the writer had not yet been able to uproot, the ploughman with his team of steers upturns the sod around the stump. A small canal boat is being drawn by a mule team, while the passengers are given accommodation on the open deck. The other side of the picture shows ploughing being done by modern methods, the street car, railway and automobile takes commission from the noble horse, and the farmer's home—a mansion in all its make-up.

Kalil Brothers have also presented their customers with beautiful calenders, and numerous others of our business folk have come out on top and in this manner display their business tact, which is indeed speaking bulks for the prosperity of our town.

Municipal Nominations

Tuesday was nomination day for Blairmore municipality, and a large gathering of ratepayers assembled in the school hall that night at 8 o'clock to discuss municipal affairs and to select men to control the affairs of our town for the ensuing year.

W. A. Beech, chairman of the council, occupied the chair. A report of revenue and expenses for the past year was read and placed upon the table, details of which we hope to publish in a later edition of this paper.

Nomination was taken up with the following result: John A. McDonald (re-nom), Theo. Frayer (re-nom), Louis Dutil (re-nom), H. E. Lyon, Frank Greco, K. C. Green, Harry J. Matheson, Isaac Loughead and Archie McLeod. There being no further nominations the meeting closed at 10 o'clock.

Election takes place on Tuesday next at the school hall, the polls being open from 5 to 10 p.m.

Through the kindness of H. E. Lyon, the Mercantile hall has been offered to the candidates for the coming municipal election, wherein they will hold a public meeting on Friday night at 8 o'clock. Every ratepayer is invited to attend to hear the views and manifestos of the several candidates, also to hear from the old council a report of the work done by them during their term in office.

Blairmore Hotel

D. C. DRAIN, Prop.

BLAIRMORE, ALTA.

\$0•

OUR BAR IS STOCKED WITH THE FINEST WINES
LIQUORS AND CIGARS

Good Rooms. Good Meals. Rates, \$2.00 per day and up

P. Burns & Co., Limited

Choice Meats

both fresh and smoked

Turkeys

Ducks

Chickens

Geese

PROVINCIAL CREAMERY BUTTER

Give us a trial

FRAYER'S PHONE NO. 29

SIXLAIR'S PHONE NO. 68

Frayer & Sinclair

Contractors & Builders

PLANS FURNISHED
ESTIMATES GIVEN

DEALERS IN

Rough & Dressed Lumber, Sash & Doors

Shingles & Lath

Blairmore Alberta

Canadian Pacific

Railway

FIRST ANNUAL EXCURSION
TO
Los Angeles, Cal.

BY SPECIAL TRAIN FROM

SPOKANE, WASH., THURSDAY, JANUARY 17, 1911.

Final return limit, 90 days.

FARE FROM BLAIRMORE TO LOS ANGELES AND RETURN:

Going and returning via Spokane \$113.30

Going and returning via Seattle 126.15

Above fares include berths and meals from Spokane to Los Angeles.

For full information regarding these and other excursion rates, apply to nearest C.P.R. Railway Agent, or to

R. G. McNEILLIE

DISTRICT PASSENGER AGENT, CALGARY, ALTA.

THE LEITCH COLLIERIES, LTD.

Passburg, Alberta

Steam and Domestic Coal

High Grade Uniform Quality

Head Office

Sales Office and Mines

Careful Attention to all Trade.

Northern Bank Building, Winnipeg, Man.

Passburg, Alta.

Correspondence Solicited.

AN INTERRUPTED LOVE STORY

The Final Happy Meeting at the Old Stone Fence.

By KEITH GORDON.

At the tender age of sixteen years she used to station herself behind the stone fence that divided their grounds from the road to wait for the boy pass by. Regularly at 8 o'clock five days in week she was at her post peering over the fence, waiting for the boy she knew she could discover her.

There was something about this particular boy that she liked. He was a real live wire, full of Gladys Alberta, her favorite blood dog. That in itself was enough to draw her stormy gaze like a magnet. But there were other things besides. There was the easy way that he sat on his pony, there was the way he pulled his cloth cap rather than wore it. There was the way there was a derring, dashing something about him even at fourteen that proclaimed him one of the chosen.

For weeks he had paid him the silent homage of that trip to the fence each morning. The boy was waiting outside from his school, but his head and dark eyes appeared just above it. He sneaked his pony stabled at the door with open curiosity.

"It's time you're getting along at sleepy," he called out with boyish roughness. The head disappeared. He waited a moment, but as she failed to respond he dashed off down the road laughing.

After that it was his delight to catch her watching him from a window at the most unimportant moments. If he could surprise her. But when, once in while, he succeeded in getting a glimpse of her face, the boy with the dark eyes burst his broncos. "Hi there, sis! See anything great?" always had the same effect. She dropped out right.

* * *

It was a private school for boys kept by an old friend of the family. She parented a place for her son when it was necessary to turn them to sail without their small daughter.

For her the excitement of being placed in a school in the autumn of the year was delicious. They had known each other for a year—that is, she had watched him and had known him well.

"My sis! It's the girl who's always peeking over the fence," he remarked to his chum at his fifth glimpse of her. "She's a real live wire, full of Gladys, though," and he gazed curiously at the straight, shining black hair and the dark eyes. He did not notice the boy had gone. So she leaped upon the wall, thinking penitently of the past.

A hand had aroused her, and she looked up to see a big red riding crop spinning down the road toward her. For a moment she hesitated. Immediately she knew it. It did not seem to be of the occupant of her heart. Instead of meeting this overture with the ladylike graciousness that her training had taught, she made up a face so stern that the boy now that she liked him—horrid boy!

For some time after this ignored her, but at last he impudently professed her a stick of horsewhom when they met in the corridor one day.

With a smile she snatched it to the ground. "If your mother makes you eat horsewhom, eat it yourself. I'm not going to eat it." She dashed off, leaving him in tumult of happiness, she felt, leaving the astonished boy gasping after her with an open mouth.

"Then kiss me," his greeting when next they met.

The boy was gone. After more or less time he came to school with his offer for the girl. Often it was a bunch of roses presented to the gardener. The prettiest ones you have, he would say. And she would reply, never guessing that their fresh beauty was instantly quenched in the darkness of the girl's small trunk. Each time he came he left his listlessness in a fresh bunch the exquisite scent of the withered ones floated out into the room. Years afterward the drifting fragrance still clung to her heart before her the laughing face of the boy.

Once, indeed, it did more. It was a small night in California. Playing up to the girl's coy, Jamesian design, she lounged in the ornate chair that was her special delight.

Her companion had been here and said nothing to speak her own eager voice. His words of love seemed near—a part of the breathless excitement of the time and place. But he did not dare to say what he had to say.

Borne on the light breeze that rustled the leaves of the taren tree at her side, a breath from the rose garden bent back her face. A subtle change came over her.

"No, no, Hugh. Please stop, dear, please don't say it again. I can't say 'I can't' to you, I can't."

She could not tell why, but it was the scene of the roses that had decided her.

The old boy and girl affair had died the usual death of such attachments. He had gone to college and she to a famous school. They had written to and forgotten to write twice a week. And for six months they kept their woe.

Later a certain society belle whose "dark beauty" was much explored by the newspapers occasionally found her self-wondering in off moments, what had become of the boy. And then she could not be hard on him. The world

is so full of pretty girls, and his eyes were blue and daring, like shoulders broad, and he was gay and debonair.

She had reached the mature age of twenty-five on a gray day in November, and the girl and her companion had come to town to get down the platform of the little Scottish railway station, waiting for the southbound train, waiting for the southbound train.

A handsome young man who had been taking a turn up and down the opposite platform, waiting apparently for the train to come, stopped at the people who, like himself, paced back and forth impatiently. As his eyes fell upon the tall, graceful figure of the girl, he stopped, never having stopped in astonishment. Then a wave of warmth and excitement surged over him, and he dashed across the tracks to meet with boyish eagerness toward her.

It was a pretty bit of work, killing a few minutes, surprising, energetic.

There was big black engine swept down upon them with a wild, triumphant stroke as if to say: "I am the master here." With a joyful cry that bellowed through the air, "Yay!" And in the midst of their excited greetings they were obliged to stop.

The boy leaped as he stood at the door of the compartment.

"No; I'm waiting for the lady fair, he answered gayly. "And you?"

"Waiting for the gentleman dark."

"The guard," he laughed as he stepped out.

"Then the guard and 'All aboard'?"

"The guard and 'All aboard'."

The boy stepped forward and in a few steps the train pulled out of the station.

The world seemed suddenly flat to him. And I didn't get her London address?" he exclaimed sound as stone stupidity dawned upon him. "Well, I'll be damned!"

* * *

Two years later the servants at Fairre received notice from their young mistress of her intention of returning to England.

The old place had been closed since her early childhood.

She had traveled far and wide, been courted and admired. But after a while one got tired—so tired. In the very middle of the winter, when gayer days were numbered, she thought of home.

Sometimes when other rich men seem to fail, pressing on the nose.

As to internal remedies, there is none known that is of any avail, except when the danger point is reached there is nothing but plugging.

When this trouble is called for the physician should be sent for to apply it, because the nostril is easily closed.

Sometimes, when other rich men seem to fail, pressing on the nose.

These cases are of household, however, and very rarely to make him start. He had gone but a little way when he was struck by a horse which had been ploughing that first that had ever passed through that way. The driver picked up the old man and took him to his destination in time to save his life.

"Don't blame you, sash," returned the father. "Ain't tired o' seen' 'em."

"Then why don't you teach him how to act? Show him the right way and where the danger point is reached there is nothing but plugging."

"Ah, he's shaved," he retorted.

THIS SPACE TO LET

We Want To Call Your Attention

To the difference between our Silk Goods and the silk goods of other stores.

All our Silks have been chosen personally in China and sent direct to us for Blairmore people, without the additional charges of importing houses.

For New Year Presents Silks are always popular. They are easily sent by mail, they are always in use, and they are always well received by particular people.

MAR'ON HAS THE CHOICEST ASSORTMENT IN THE PASS

—SEE THE GOODS—

Catalogue pictures are misleading, therefore come and see the goods in our show windows.....

Piano Drapes, Table Cloths, Neckties, Handkerchiefs,

Shoulder Shawls,

and a variety of Articles ranging in price from 35 c. to \$10.

COME AND GET ACQUAINTED
with our 5 per cent. discount on
Groceries and Dry Goods. Many
Blairmore people are already saving
money by our plan. You try it.

Mar On : service :
FIRST CLASS GOODS.
COURTESY ATTENTION
HONORABLE DEALING.

MAR ON

ALBERTA

Blairmore Liquor Store

THE LIQUOR STORE OF QUALITY



Phone Your Orders To No. 45 and You Can Depend on Prompt Delivery.

M. Rosse

Proprietor

WEST CANADIAN COLLIERIES LIMITED



Belgian Coke Ovens, of the

Bernard Type, in use at Lille.

Miners of
STEAM,
COKING
AND
DOMESTIC COAL



MINES AT BLAIRMORE, LILLE AND BELLEVUE

HEAD OFFICE AT

BLAIRMORE ALT.

WE DO GOOD JOB WORK

CONSTRUCTION COMMENCED

On The New Blairmore Opera House. To Be Completed By Early Spring.

\$1,500 SCENERY IS ORDERED

Many Opera Companies Seeking Privilege of Opening The New Structure.

Work on the construction of the large Blairmore opera house commenced this week. Nearly all the material is prepared and work will be proceeded with until this large and imposing building will be ready for occupancy. The erection of so many other large buildings in Blairmore during the past few months has presented the contractors—Fraser & Simmers—troubling with this structure problem. However, a large gang of men will be placed on the building so as to have it ready for use as early as possible.

As stated, the Blairmore opera house will be the largest and most up-to-date of any in this district. With a length of 110 feet and a breadth of 56 feet, besides a large balcony and ten boxes, it will have sufficient accommodation for eight hundred people to be seated comfortably.

Four boxes will be erected near each front corner of the stage, and one at each front corner of the balcony. The scenery, which will cost \$1,500, and an asbestos curtain, have already been ordered. The Blairmore opera house is being erected between Victoria and Street Streets and facing Fifth Avenue. This is an ideal place for such a facing, all being convenient of access from all parts of the town.

Besides affording lots of accommodation for the general public, the opera house company will not be forgotten and large dressing rooms and everything for their comfort will be provided in the basement, which will be of concrete and of the same size as the main building.

The plan is now on exhibition at the office of W. A. Beebe, and many complimentary remarks have already been made by those who have viewed it.

Representatives of opera companies say that when completed, Blairmore will have one of the best show houses in the West, which will be an attraction to good companies who will find an ideal place to entertain the public.

The cost is estimated at \$12,000, and it will be completed in the early spring.

Already several good companies have applied for the privilege of opening the new opera house, which is a proof that it is already the means of great attraction.

The busiest and mightiest thing that ever was made is Chamberlain's Cough Remedy. It is a safe, simple, and effective remedy for the work when men can't quite stir their aid. These tablets change weakness into strength, bathelessness into energy, gloominess into joyousness. Their action is so gentle one don't realize they have taken a purgative. Sold by dealers everywhere.

Happenings in and Around Blair-

more

The Blairmore I.O.O.F. will move into their new hall about next week.

"Runners" had to be discarded during Christmas to give place to the "wheels."

T. Frayer paid a visit to Edmonton and other points north last week.

J. R. Smith, of the West Canadian Collieries, went to Winnipeg on Sunday night.

Archie McLeod goes on a business and pleasure visit to Edmonton to-morrow.

Dr. W. McKay spent Christmas with friends at Calgary and returned there.

The new rink is being well patronized and all skaters are busy while the season lasts.

E. W. Smith, the new manager for Mar On Store, arrived in town from Lethbridge Tuesday night.

Miss Ross Turner and Coglan, of the Blairmore teaching staff, spent the Christmas vacation at Calgary.

W. J. Bartlett, manager of this paper, returned Thursday from an enjoyable holiday at Calgary, Edmonton and Irma.

A large number of hockey enthusiasts attended the Frank W. Cole man match at Coleman Monday night.

An enjoyable ball was given last night in the Mercantile Hall under the auspices of the Blairmore Hockey Club.

In northern Alberta, the Crown West Pass is spoken of as the "Golden South." Here we talk of the "Golden West."

L. P. Roberts returned from Denver, Cal., on Sunday with his bride and has taken up residence in West Blairmore.

The coldest snap for the season was experienced here on Saturday night and Sunday morning. The mercury stood "26° below zero."

H. M. Budd, of Vancouver, spent a few days of the Christmas season with his brother here, and returned to the coast Thursday via Macleod and Calgary.

Sons of the local boys, who are influenced by the good work and good times of the club at Frank are talking of organizing a similar Cabash Club in Blairmore.

H. Hiscox & Co. opened their new grocery store at the corner of Victoria Street and Ninth Avenue. The new store has a splendid front and is very attractive internally.

The members of Blairmore Lodge, No. 68, I. O. O. F. were present at an initiation to the Coleman Lodge on Tuesday night and attended in full force, where a most enjoyable time was had.

The Blairmore Hardware has just installed air heating apparatus in some of the new W. G. residences of Blairmore West, and it is expected that several other dwellings will be similarly fitted very shortly.

The Mason Company made a decided hit Monday night in the role of "Uncle Tom's Cabin" at the Opera House. Little Maxine and the company of all for the night in which she performed her parts.

Chamberlain's Cough Remedy is a very valuable medicine for throat and lung troubles, quickly relieves and cures painful breathing and aches, and is especially useful in cases of congested lungs. Sold by dealers everywhere.

INQUEST IS RESUMED

At Bellevue on Tuesday. The Previously Empanelled Jury Are Discharged

NEW JURY IS EMPANNELED

Jury Sat Wednesday Forenoon To Consider Evidence In The Bellevue Disaster.

Alberta Trading COMPANY
TELEPHONE 147

NEW YEAR DAINTIES

New Hawaii Dates

New Turkish Three Crown Figs

Fresh California Hot House Lettuce

New Navil Oranges—sweet and juicy

Malaga Grapes

Washed Brazil Nuts

Agents for 'Royal Household' flour

Gales & Hamel

HIGH-CLASS GROCERS

Kalil Block

Blairmore. - Alta

W. A. Beebe

Real Estate and Insurance

Broker in Mines and Mining Stocks

Houses for sale or rent and rents collected.

Issuer of Marriage Licenses and Notary Public

VICTORIA STREET

Blairmore, Alta.

ent parts of the Pass have arrived in Bellevue to hear the inquest and deep interest is manifested from all quarters.

THOSE WHO TOIL EARNESTLY AND WITH SUCCESS WILL BE SATISFIED ONLY WITH THE BEST OVER-HAUL THAT CAN BE MANUFACTURED.

LEATHER LABEL OVER-HAULS

ARE HIGH GRADE, UNION MADE AND THE BEST

TRADE MARK LEATHER LABEL

AMERICAN STYLE WORK CLOTHES.

THESE ARE DOUBLE STITCHED THROUGHTOUT, BIG AND GENEROUS (IT TAKES FROM 42 TO 44 YARDS TO MAKE A COAT), HAVE SEVEN POCKETS (ONE ON THE CHEST, ONE ON THE WAIST, ONE ON EACH SIDE, ONE ON THE HIP), AND COME SET, ELASTIC DETACHABLE SUSPENSORS, ETC.

LOOK FOR THE TAN COLORED TRADE MARK ON YOUR OVERALLS. THE LEATHER LABEL.

WE ARE THE AGENTS FOR LEATHER LABEL OVERALLS.

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BLAIRMORE, ALTA.